

# OLIVERS

## KOMBUCHA KITS

**CAUTION**, do not pour boiling water in to the brewing jar to brew your tea, it will crack the jar, where it is weak, where the hole for the tap is.

**WARM WASH THE JAR ONLY.**

### Brew Instructions

For the best brew you will need Filtered Water,

Organic Black and Green Tea Bags (no need to strain loose leaf tea),

Organic Raw Sugar

### Recipe

1 ltr brew – 900ml of filtered water, 4 teabags ( 2 green and 2 black), 1/4 cup sugar, 100ml of starter tea and scoby

2 lt Brew – 1.8 ltr of filtered water, 6 tea bags ( 3 green and 3 black), 1/2 cup of sugar, 200ml of starter tea and scoby

3 ltr Brew – 2.7 ltr of filtered water, 8 tea bags ( 4 green and 4 black ), 3/4 cup sugar, 300ml of starter tea and scoby

4 lt Brew – 3.6 ltr of filtered water, 12 tea bags ( 6 green and 6 black ), 1 cup sugar, 400ml of starter tea and scoby

5 lt Brew – 4.5 ltr of filtered water, 14 tea bags ( 7 green and 7 black ), 1 1/4 cup sugar, 500ml of starter tea and scoby

### Directions

- Boil the filtered water, then take off the heat.
- Put in the tea bags, let sit for 15mins then remove the tea bags.
- Put in the sugar while the water is warm, stir till dissolved.
- When the mixture has cooled down, pour it in to your jar, add the scoby and the starter tea it comes with.
- Cover with a cloth and rubber band, store out of direct sunlight near windows or glass doors.
- Leave for 5-7 days at 25 degrees. In colder weather it can double in time.
- Taste your brew after day 5, once you can't taste any tea flavour it is ready to be bottled and refrigerated.
- After this 2 day window, it will taste more vinegary every day, and will not be very pleasant.
- Make sure you keep enough of this brew to be your starter tea for the next brew.

## Tips

- Every time you make a brew it will grow another scoby on the surface, which you can use to make another brew in another jar, give to a friend or even throw on the garden.
- During the brewing process make sure you leave the jar untouched and don't stir it up cause your new scoby won't form.
- During the process the scoby will eat the sugar and form yeast strands, and dark masses that may look like mould. Nothing to worry about.
- The only mould to be concerned about are ones that are grey and furry. If you find any, discard everything including the jar and start over again with a new jar, scoby and starter tea.
- Once a month change the scoby to the new one which has formed, and use fresh starter tea from the previous brew if you are using a jar with a tap dispenser.
- The warmer the brew is the quicker it will be ready, so you could place your jar on a towel.
- The scoby can be left in its starter tea for up to 4-6 weeks if needed between brews, or you could refrigerate for up to 3-4 months if you are going away.

## FAQ'S

### My Scoby Doesn't Float Is It Ok?

Absolutely, your scoby can either sit at the top, the middle or at the bottom of your brew. The fermenting process will still happen, and create a beautiful brew.

### There Is A Film On The Surface.

The film is actually your new scoby beginning to grow. Make sure you do not try and remove it or stir the brew.

### There Are Brown Blobs On The Surface.

The brown blobs are yeast.

Yeast is created when the scoby feeds on the sugar that has been added to your brew.

There will also be brown yeast strands in the brew and are nothing to be concerned about.

### My Brew Tastes Too Vinegary.

Sounds like the brew has gone a few days past its best days to bottle.

A brew in the correct conditions will take around 5-7 days.

Taste your mix daily after day 5, when you can no longer taste the tea flavour your brew is good to bottle.

Each day past, it will begin to get a vinegary taste that will get stronger each day after.

If your brew tastes and smells very vinegary between day 5-7 your good bacteria numbers are low.

## pH Testing

As the SCOBY consumes the nutrients in the sweetened tea, it produces gluconic acid, lactic acid, and acetic acid, which all contribute to the many health benefits. As the kombucha ferments during this process, the liquid goes from being sweet to being sour. The sourness of the tea is also called the "acid level," something that can be monitored by testing the pH of the liquid. Properly-made kombucha will have a pH level of between 2.5 and 4.5. When the pH is higher than 4.5 the tea is not acid enough to prevent the growth of harmful bacteria. When it's lower than 2.5, the tea will be too sour for most people to drink.